

# Irving Recreation Center

## Summer Day Camp

### Grades 5-7

#### THIS WEEK'S HIGHLIGHTS

##### Monday, July 22

On Monday we will be going to Irvingdale Pool for some fun swimming time from 11:30-1:00 p.m. Please make sure you bring your swimsuits, sunscreen, and towels today. Sprinkled throughout the day will be club opportunities and some science experiments. Some of us may walk to South Branch Library today as well so bring your library cards and books just in case.

##### Tuesday, July 23

No Tuesday field trip this week because instead we're going on an out-of-town field trip Friday with Irving's K-2 and 3-4 camps. We will also start a new community service project this today. Also, **bring something from home to tie-dye today!**

##### Wednesday, July 24

We'll start the morning out with some club rotations as well as rotations of tennis and yoga. Make sure your child is signed up for tennis for the week if they would like to continue their training. Following yoga and tennis will be lunch and Drop Everything and Read time. As we enter the last half of the day, we'll unwind with a classroom craft and archery.

##### Thursday, July 25

Today our awesome archers will compete in an archery tournament against campers across the City. The tournament director and range officer will visit Irving so we can shoot on site. Additionally, we'll start training for a summer tradition, Parks and Rec. Play Day! From egg races to tennis we've got to get ready to take home the coveted traveling Day Camp trophy, "The Gold Rock." We also will make a StarTran trip to Bennett Martin Library in the afternoon. **We will leave at 12:30 and are scheduled to return by 3:30 p.m.**

##### Friday, July 26 – Out-of-town Field Trip!

We will be going to the Omaha Zoo for a center wide field trip. **We will leave the center at 9:00 and will not return until 5:00.** Don't miss the bus, because there won't be any Day Camp Leaders left here! Please be sure to send your child in their green day camp shirt. Also, campers should bring a backpack with a sack lunch, sunscreen, and a water bottle. Campers should dress in clothes that are appropriate for the weather and tennis shoes.

#### TELL US WHY YOU ♥ YOUR PARKS & REC

In the past century, Lincoln's park and recreation system has grown to become one of the best in the nation. Yet many don't realize that every day, countless number of people of all ages enjoy Lincoln's 125 parks, 131 miles of trails, seven recreation centers, and five golf courses. July is national Parks and Recreation Month and this week we'll be asking our day camp families what they **love about parks and recreation** and why parks and recreation are so important in our lives!



### Important Reminders

Our camp rules are:

- Be safe
- Be respectful
- Be responsible

Bring meals in an insulated container. Refrigeration and microwave s are not available.

Wear tennis shoes to camp. Sandals and flip-flops are not safe options for camp activities.

Leave valuables at home (including money, cell phones, portable video games, etc.)

Label sunscreen and water bottles with your name.

Do not hesitate to ask when you have questions or comments.

### Contact Us

402-441-7954